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HOUSEKEEPERS' CHAT

Monday, March 6, 1933.

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Subject: "Canned Fish." Information from the Bureau of Home Economics, U.S.D.A.

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To market, to market on economy day. Let's see what helpful hints on buying food for the family the specialists at the Bureau of Home Economics have to suggest this week. Canned salmon, they say, is one of the best bargains on the grocer's shelves. Sardines, kippered herring and canned herring roe are also cheap. These particular fish products are bargains because they give unusual food value for little money.

Of course, you know that canned salmon is a product of the salmon fisheries of the Pacific Coast. The canneries put up millions of pounds each year and ship them all over the world. Probably you have noticed that your grocer has several different kinds of Pacific salmon for sale. You have your choice of any one of five varieties. Though these are closely related species of fish, they usually sell at different prices. The king salmon, or chinook, or spring salmon, as it is called in different regions of the Coast, usually is higher priced than any of the other varieties. Next comes the sockeye or red salmon, the humpback or pink. The silver or coho, and the keta and chum are the cheaper grades.

Pacific salmon is very oily fish. We've learned lately how valuable the oil of salmon is. It is rich in two of the vitamins--the fat-soluble A and D. These are the two vitamins we've been hearing about so much in cod-liver oil. But their presence in this common and inexpensive food, salmon, is news to a lot of us. The codfish stores its fat-soluble vitamins in the fat of the liver. But the salmon distributes its fat or oil all through its flesh and vitamins with it. So you get vitamins simply by eating salmon. And here's even more interesting news. The four cheaper varieties of salmon are likely to be better sources of these vitamins than the most expensive kind. The deeper colored fish are richest in vitamins and the deep color occurs in the red salmon and the humpback or pink.

Especially during the winter and early spring we need to keep up our resistance against disease. We need vitamins A and D to help us. Vitamin A, you know, prevents infections of eyes, nose, throat and digestive tract. Vitamin D prevents rickets in children, provided they have plenty of milk also to furnish calcium and phosphorus. All foods rich in vitamin D are especially useful in winter, for when the days are short and the sun's rays weak, we get very little vitamin D from that other great source, the sunlight.

Canned salmon has still another important value beside vitamins A and D. It contains the factor that will prevent pellagra. This disease is prevalent in parts of the country where people live chiefly on corn meal, fat meat, and molasses. Scientists who have studied this disease have found that by adding canned salmon to this diet, they could either prevent pellagra or cure it.

Sardines, another kind of inexpensive canned fish, are also rich in Vitamin D. Sardines, you know are simply young herrings. And herrings, either large or small, are an oily fish rich in this fat-soluble vitamin.

Sea food of all kinds is valuable for its iodine content. Salmon contains some iodine. Sardines contain somewhat more. So iodine is another point in favor of canned salmon, sardines and herring. No wonder the specialists say that canned fish is a food bargain. Like meat it will provide the protein we need for body building or repair; it contains also special vitamin and mineral properties; and it makes a delicious and low-cost food.

Now about the practical side of canned fish. I don't need to mention that fish put up in cans is a time and labor saver for the busy housewife. It's all ready to be served right from the can when you want it. It's handy for school lunches, picnic lunches or any quick meals. For a hot main dish you can serve salmon creamed or scalloped, creamed with vegetables, in salmon loaf, in chowder, patties or croquettes. Canned salmon makes excellent salad. You can combine it with diced cucumber, celery, grated raw carrot, green peppers or cooked peas, or you can mold it in gelatin. Serve any salmon salad on crisp lettuce or cabbage with mayonnaise or boiled salad dressing.

As for herring, kippered herring scalloped with macaroni makes a delicious dish and a cheap one. Herring roe mixed with riced potatoes and served fried in patties is another excellent low-cost dish. Sardines you can serve "as is", or heated on toast. Some people like them served with hot tomato sauce.

All this talk reminds me of the low-cost Lenten menu the Menu Specialist has planned for us today. The main dish is something new. I'll give you the recipe for it. But here's the menu first; Stuffed baked potatoes and salmon; Chopped creamed spinach; Whole wheat bread or biscuits; and, for dessert, Orange and raisin fruit cup. Once more. Stuffed baked potatoes and salmon; Chopped creamed spinach; Whole wheat bread; Orange and raisin fruit cup.

Now the recipe for stuffed baked potatoes and salmon. You'll need six ingredients.

6 large baking potatoes
1 pound-can of salmon
1 cup of buttered bread crumbs
Milk
Salt, and
Onion

I'll repeat that list of six. (Repeat.)

Select large potatoes of uniform size. Wash and bake in a moderately hot oven-- about 400 degrees F. Cut the potatoes in half, lengthwise and remove the inside, being careful not to break the shells. Mash the potatoes. Add the hot milk and seasoning. Then flake the salmon, removing skin and bones. Beat the salmon into the potato. Pile this mixture into the potato shells, cover with the buttered crumbs, and bake in a moderate oven until hot and brown.

My, my, what a forgettory I have these days. I've just recalled that I promised you not a salmon recipe but a cooky recipe for today. I'll make that promise good first thing tomorrow, if you'll come with pencils.